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## Test of endurance

Manitoba's Tyler Mislawchuk guzzles water after finishing 10th in the men's triathlon at the 2015 Pan Am Games in Toronto on Sunday. Fourteen athletes from the province are at the Games. See more in **metroSPORTS**. MARK BLINCH/THE CANADIAN PRESS

## Manitoba's credit rating takes a hit

FINANCE

### Moody's cites growing debt for downgrade

An international agency cut the Manitoba government's credit rating Friday in a move that will likely lead to higher interest payments on the province's growing debt.

Moody's Investors Service dropped the province's long-term rating to AA-2 from AA-1, citing a fast-growing debt load and a failure to meet balanced-budget targets. It is the first Moody's downgrade for Manitoba in more than two decades.

"The downgrade ... reflects the deterioration in Manitoba's financial metrics leading to an increased debt burden and our expectation that the province

will face significant challenges in achieving fiscal balance by 2018-19," Moody's analyst Kathrin Heitmann said in a written statement.

"The stabilization of Manitoba's debt burden will depend on the political willingness to rein in spending."

The NDP government started running deficits in the 2009-10 fiscal year, and promised to be balanced by 2015. Instead, that target was pushed back twice — first to 2017 and now to 2019. Along with the latest delay, the government also said it will only balance its core operations and not the full public budget.

In the meantime, Moody's noted, the provincial debt is growing quickly — from 116 per cent of government revenues in 2011 to an estimated 143 per cent this year.

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# Lawyer recounts moments after severe bomb attack

## LAW AND ORDER

**In spite of serious injury, constable calls victim 'resilient'**

Maria Mitousis clearly remembers the explosion that almost killed her as she worked in her small family law practice — a blast from a seemingly harmless mail package that police allege was sent by an ex-husband of one of her clients.

In a statement released Friday through Winnipeg police, Mitousis recounted assessing her condition immediately after the bomb went off July 3.

"I have my teeth, I can see, I can blink," the statement read.

"I'm going to get past this. I live in the moment," she recalled thinking as emergency responders rushed her to hos-



Maria Mitousis TWITTER

left was severely injured. She suffered "countless" injuries to her face, chest and thighs, said Const. Jason Michalyshen.

Despite the injuries, Mitousis expressed confidence and hope during an hour-long meeting with Michalyshen, he added.

"One of the first things she said was, 'I want people to know I'm OK. I'll get better.' She is going to go back to doing what she does as a lawyer," Michalyshen said Mitousis



Police on the scene after the bombing that maimed lawyer Maria Mitousis on Friday, July 3.

TREVOR HAGAN/THE CANADIAN PRESS

resilient person."

The explosion last Friday was the first of what police say was a targeted campaign of revenge by Guido Amsel, a 49-year-old man who had gone through a long and bitter divorce.

Amsel is accused of putting an explosive compound inside digital voice recorders and mailing them to locations connected to two legal battles — his divorce and a lawsuit with his ex-wife over an auto body shop they used to jointly run.

One package exploded in

Mitousis's office last Friday. She was Amsel's ex-wife's lawyer in both the divorce and the lawsuit.

Police say a second package was found at Amsel's ex-wife's workplace and safely detonated by the bomb squad. A third explosive device was found and detonated safely at a law office that represented Amsel in the lawsuit until last fall, when the lawyer withdrew from the case, citing "a breakdown of the relationship" with Amsel in a court affidavit.

Amsel is due to return to

court next week. He has yet to enter pleas to charges including two counts of attempted murder. He also hasn't retained a lawyer, although he had been talking with one.

The legal community has rallied around Mitousis. An online fundraising effort has garnered \$65,000 so far to help her recovery, which by all accounts will be a long one.

"I'm going to come back to do what I do," she said in the statement.

"I just don't know how that'll look just yet."

THE CANADIAN PRESS

## WINNIPEG BOMBING

# Law group provides context

A representative from the Law Society of Manitoba said the fact that Guido Amsel has struggled to find a lawyer after a bomb exploded at a Winnipeg law practice may be more because of conflicts, and less because of fear and emotion.

"I'm not entirely surprised because a number of lawyers will potentially be conflicted if their firm was in any way involved with the business where this happened last week," said Law Society of Manitoba director of regulations Leah Kosokowsky.

"If their partners are associated then they could not act on it at all, so you are narrowing the pool."

Police allege 49-year-old Amsel sent explosive devices to one of his former lawyers, his ex-wife, and to Maria Mitousis, who represented his ex-wife during her divorce from Amsel.

It was reported last week Amsel had still not found a lawyer to represent him.

Some lawyers could fear for their safety or the safety of their families by taking on Amsel as a client, so Kosokowsky said she knows some may decide not to take the case for personal reasons.

"Everybody has to assess his or her own personal comfort level on any matter."

A GoFundMe campaign has been started to raise money for Mitousis and her family, and Kosokowsky said if a lawyer has donated to the fund but didn't have a personal relationship with Mitousis, they could still represent Amsel.

"I think it would be a personal choice. People might simply donate because they believe it is a good cause, and in which case they would not have that personal connection."

"Others might donate because they have a personal connection to Mitousis and in which case they probably won't feel comfortable representing this fellow anyway."

Any past lawyer of Amsel that has been contacted by police in regards to the current investigation also could not represent him, said Kosokowsky.

DAVE BAXTER/METRO

**I'm going to come back to do what I do ... I just don't know how that'll look just yet.**

Maria Mitousis

pital where she would undergo 10 hours of surgery.

The extent of Mitousis's injuries became clearer Friday. Police confirmed the lawyer lost her right hand and her

recalled playing golf hours before the explosion and "remembered how at peace she was out on the golf course."

"What became most evident is that Maria is an incredibly

## SECURITY

# Explosion inspires national safety discussion

Family law practitioners across the country are re-assessing the steps they take to protect themselves in the wake of letter bombs being mailed to Winnipeg lawyers by a man who allegedly targeted those involved in his divorce proceedings.

Last week's events, which emphasized the particular set of risks faced by those in family law, also have the Canadian Bar Association preparing to circulate information on safety measures to those in the field.

"We are definitely having a

national conversation about safety," said Patricia Hebert, chairwoman of the Canadian Bar Association's family law section. Most in the profession have experienced verbal abuse and even death threats in the course of their work, but last week's violence rattled many in the field, she said.

"We're all in those circumstances on a regular basis where we have somebody on the other side who may feel like this fellow felt," said Hebert. "This is a reminder

that we do need to take our own personal safety seriously."

The steps lawyers can take to increase their safety can be as simple as not opening suspicious packages, not sharing home addresses and personal phone numbers and sitting closest to the door when in a meeting with a potentially volatile individual.

The precautions are worth taking because those in family law routinely deal with people at the most vulnerable point in their lives, Hebert said.

"It's very emotional," she said. "We have the person on the other side of the family law file who sees us as part of the problem.... It requires a huge skill set to be able to manage people in these really extraordinary times in their lives."

Andrew Feldstein, who has worked in family law for 21 years, said what happened to Mitousis has simply underscored the importance of taking small steps to stay safe.

The Markham, Ont.-based lawyer once received two death

threats in three months, one of which involved someone drawing a hangman figure on a wall outside his office with the message "see you soon Andrew."

"It makes you a little more paranoid," he said of the incidents. "You don't necessarily take the same route to work everyday, you do have security precautions put in place in your office and you try to be smart with how you do things, but it does impact you."

THE CANADIAN PRESS





**NAME THE CUBS SPOTTED AT THE ZOO** The Assiniboine Park Zoo is asking Winnipeggers help choose names for two snow leopard cubs born at the zoo in May, who are now out for viewing at the zoo. People can vote for their favourite names at [assiniboineparkzoo.ca/cubs](http://assiniboineparkzoo.ca/cubs). HANDOUT/ASSINIBOINE PARK ZOO

#### ST. ANNE'S ROAD

## Police mum on bomb scare



Winnipeg Police won't say if a police presence on St. Anne's Road on Wednesday was due to an explosive device, or if the incident was related to the recent bombing at the Petersen King law office.

Police spokesman Jason Michalyshen was asked about a large police presence and the evacuation of a number of

buildings on St. Anne's Road around Bank Avenue that happened Wednesday afternoon.

"We had a device or an item that was described as suspicious in nature," said Michalyshen, when describing the call that came in to Winnipeg Police.

He said emergency workers went to the scene and more than 12 homes and more than 12 businesses were evacuated.

"All for the sake of public safety," said Michalyshen.

The area was secured and

the bomb unit was brought in as protocol," said Michalyshen. "Those members responded to the item of concern, they dealt with that item, they deemed the area safe, and a short time later road closures were re-opened."

When asked if the device was a bomb, Michalyshen would only repeat that it was a "suspicious package."

Michalyshen would not say how many calls of suspicious packages have been received since July 3.

#### IN BRIEF

##### Woman sexually assaulted in Osborne Village

Police are investigating a violent sexual assault in Osborne Village early Friday.

A 34-year-old woman was walking near Roslyn Road and Nassau Street North

around 2 a.m. when she was attacked by a man passing by on a bike. Police say the man knocked her to the ground and sexually assaulted her. The suspect fled on his bike when the woman started screaming.

The suspect is white, 20 to 30 years old, with a large build and light brown hair. Anyone with information is asked to call investigators at 204-986-6245 or Winnipeg Crime Stoppers 204-786-TIPS. METRO

# Forecast no help in wildfire battle

#### WEATHER

## Manitoba has counted 305 forest blazes this year

The battle against wildfires continues in Manitoba and the weather forecast isn't giving crews much reason for optimism.

As of Sunday morning, there were 56 blazes being fought with crews focusing on areas around Davidson, Landing, Harding and Highrock Lakes.

Most were started by lightning, but a few were

started by humans over the weekend.

The weather forecast is for extremely hot temperatures and high winds for the next few days, and more thunderstorms, until relatively cooler weather moves in on Tuesday, according to Environment Canada.

However, the reprieve will be brief as scorching temperatures return the following day.

Throughout the province, 42 firefighters from Quebec and 27 from Wisconsin are assisting Manitoba crews.

The province reports a total of 305 forest fires this season, slightly higher than

the average of 296.

In northwest Manitoba, all burning permits remain cancelled, a fire ban remains in effect and no permits will be issued for fireworks due to dry conditions and the high risk of forest fires.

"Please exercise caution when in or near forested areas," reads the latest statement from the province.

"If using an ATV, please remember to stay on developed trails, stop frequently to check areas around the engine and exhaust for debris and carefully dispose of any debris found.

"A small shovel, axe, and fire extinguisher should be carried with your ATV at all times."

About 30 helicopters, 10 water bombers and 480 extra firefighters are helping in the fight, the province says.

THE CANADIAN PRESS  
— WITH FILES FROM METRO WINNIPEG

**If using an ATV, please remember to stay on developed trails, stop frequently to check areas around the engine and exhaust for debris and carefully dispose of any debris found.**  
Statement from the provincial government

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## NORTH TRANSCONA

## Check property for woman, police ask

Winnipeg police are asking Winnipeggers to check their properties as they continue to search for a missing woman.

Thelma Krull, 58, was last seen in North Transcona on Saturday morning.

"In the event Krull has suffered a medical condition, we are requesting residents to check their personal properties, outbuildings, vehicles and any green space surrounding their property," reads a statement from police.

She is described as a white woman, five-foot-four, about 170 pounds with short, dyed-blond hair with a purple streak and



Thelma Krull CONTRIBUTED

glasses.

Anyone with information is being asked to call police at 204-986-6250. METRO

## INSECTS

## City pushes back elm bark beetle program

Elm bark beetles in Winnipeg are getting a temporary reprieve.

The city announced Friday its Elm Bark Beetle Control Program, which had been scheduled to start Monday, is being pushed back a week so the Insect Control Branch can focus on mosquito larviciding.

The city says the heavy rains Winnipeg has seen over the last

week are making mosquito control a priority.

Elm bark beetles can carry Dutch elm disease and the city treats for the insect from the summer until the late fall. Once it starts, this year's program will see crews focus on north Winnipeg as well as treat all elms on public and private properties citywide. METRO

### IN BRIEF

#### Man dressed in 'unique way' arrested over phoney gun

A man is facing charges of mischief after Winnipeg police said he was walking around in a strange outfit and carrying a fake gun in St. Vital Friday morning.

Police spokesman Const. Jason Michalyszen said officers were called in around 8:20 a.m. after they got a report a woman was in the Beliveau Road area armed with a gun.

"It turned out that it was a male and it does appear that this male was dressed in a unique way and was armed with what turned out to be a replica gun," he said.

Michalyszen said the man was wearing what appeared to be robes, and people in the area thought he had a real gun.

The man, who is in his forties, was arrested around 8:40 a.m. DAVE BAXTER/METRO



**HOCKEY LORD STANLEY VISITS WINNIPEG** Chicago Blackhawks captain Jonathan Toews interacts with fans as he brings the Stanley Cup to his hometown of Winnipeg on Friday at Jonathan Toews Arena in St. Vital. JOHN WOODS/THE CANADIAN PRESS

# Eadie 'not opposed' to cycling infrastructure

## TRANSPORTATION

## Radio ads claim \$330 million would be better spent elsewhere



Dave Baxter  
Metro | Winnipeg

Coun. Ross Eadie said Friday he's no hater of bikes, but believes changes are needed to the city's proposed \$330-million pedestrian and cycling strategy.

Eadie — along with Couns. Jeff Browaty, Russ Wyatt, Shawn

Dobson and Jason Schreyer — released two radio ads on Wednesday, with one claiming if the 20-year strategy is adopted, people may be forced to shovel city sidewalks.

The second ad said the money for the plan, which looks to get more people cycling and walking, would be better used fixing existing infrastructure.

"I am not opposed to spending money on good cycling infrastructure," said Eadie in a statement released Friday.

Coun. Janice Lukes has repeatedly said the strategy is simply a guideline, and will change and evolve over time.

"I can understand new council



### I cannot forgive seasoned council members for stating the same falsehood.

Coun. Ross Eadie

members thinking this policy will be living, breathing and easy to change, but I cannot forgive seasoned council members for stating the same falsehood when they know the problems with our other master plans," said Eadie in the statement. "This pedestrian and cycling policy report

does not introduce a new way for council to work with each other and Winnipeggers. Once adopted as policy, the report will be very difficult to change."

Eadie claims the North End and West Kildonan routes set out as policy in the strategy are "flawed due to a lack of consideration for actual walking and cycling needs."

Eadie said he will talk to the media on Monday at the north west corner of Sutherland Avenue and Main Street.

"Come on out to the most ridiculous proposed greenway in the Mynarski Ward," he said.

City council will vote on the strategy on Wednesday.



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Six Nations Fire Department Fire Chief Matthew Miller poses in Ohsweken, Ont., on Saturday. Miller says First Nations fire services across the country are chronically underfunded.

MARK SPOWART/THE CANADIAN PRESS

## 'A recipe for disaster'

### ABORIGINAL AFFAIRS

## Six Nations fire unit combats blazes — and a fiscal shortfall

A string of suspected arsons, inexperienced volunteer staff and a truck ladder that isn't high enough haven't stopped the fire department at Canada's most populated First Nation from scraping by.

But as the Six Nations of the Grand River unit in southwestern Ontario grapples with relentless emergency calls, regular staff turnover and a constant struggle to make ends meet, its fire chief says he's bracing for an inevitable disaster.

Matthew Miller said his department has about twice the call volume and one third the funding of similarly sized municipalities, even though federal government statistics show First Nations people on reserves are about 10 times more likely to die in fires.

"It's just a recipe for disaster," Miller said of serving the on-reserve population of about 12,000 without a change in conditions. "Essentially what's happening

is everybody is getting exhausted and pushed to their limits, physically and mentally."

The crew serving the First Nation consists of 21 part-time volunteers who have separate full-time jobs. Many haven't been properly trained.

Miller said he usually gets two or three emergency calls every day — or about 700 per year. If that number gets any higher, the department can't handle it.

Yasir Naqvi, the province's minister of community safety and correctional services, toured Six Nations on June 6 after receiving an invitation from Chief Ava Hill.

Naqvi said he will be asking his federal counterparts to address the community's fire-safety concerns. Miller wrote to federal Liberal Leader Justin Trudeau about the issue on Wednesday.

Aboriginal Affairs and Northern Development Canada said in a statement it provides \$26 million annually for fire protection on reserves across the country.

"Our regional office is in regular contact with the Six Nations of the Grand River First Nation," it said.

"We also know that education and awareness play an integral role in fire safety and we will continue to work with First Nation communities and provide annual funding (to fire education organizations)."

But Miller said First Nations across Canada are facing the same issues because there is no legislative framework to mandate fire prevention and protection like there is for most off-reserve communities. THE CANADIAN PRESS

### CONRAD

## Late raccoon a fundraiser for the living

This was a raccoon to remember.

A day after residents constructed a makeshift memorial to a furry critter found dead on one of Toronto's busiest streets, those behind the tribute and countless others were keeping the animal's story alive as it made headlines around the world.

Harnessing the momentum behind the #DeadRaccoonTO movement on social media, the trio of men who started the side-

walk memorial to the animal they named "Conrad" called for donations to the Toronto Wildlife Centre in his memory.

"Such a simple thing has taken on a life of its own," said Geoff Nielson, one of the trio.

"It's very easy to trivialize this as just another silly Internet fad — which, don't get me wrong, we're aware that it is — but for us, it's really nice to use something like this for a greater social good."



The scene of Conrad's demise. THE CANADIAN PRESS

City councillor Norm Kelly endorsed the group's efforts

to raise money for the Toronto Wildlife Centre, sending out a tweet that featured a photo of a sweet-faced young raccoon peering into the camera, an amber-hued Toronto sunset behind it. The animal is described as: "Friend. Neighbour. Raccoon."

The raccoon raised \$505 for the wildlife centre Friday evening, with staff saying they were continuing to receive donations with messages like "R.I.P. Conrad." THE CANADIAN PRESS

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**We're barely hanging on by a thread.**

Matthew Miller, fire chief, Six Nations of Grand River



# B.C. brewer cracks tough South Korean market

## INTERNATIONAL BUSINESS

### Abbotsford man succeeds despite nation's beer duopoly

Dan Vroon says he didn't set out to transform the South Korean beer industry, but the Abbotsford, B.C., native's attempt to bring craft beer to the masses has kick-started a revolution in a market long dominated by a duopoly.

Vroon's Craftworks Taphouse and Bistro in Seoul was one of the first in a new wave of craft breweries that have renewed interest in craft beer in the country.

Vroon said before he entered the business in 2010, imports of North American brews from the Boston Beer Company and Edmonton's Alley Cat Brewing Company were the only way for South Korea's large ex-pat community to get a taste of home.

He set out to build a craft brewery to serve that crowd, as well as locals looking for something other than the rice-based, low-alcohol lagers from Hite Brewery Company and Oriental Brewing that dominate South Korean taps.

"They were missing the market entirely," he said.

Vroon said he ran up against the thicket of regulation that had stopped the flow of beer from other craft breweries, even

after an early-2000s push from the South Korean government to open up its beer industry.

Vroon pushed back against rules that required breweries have more than one million litres of capacity before selling to wholesalers, which he said essentially prevented anyone but the largest brewers from distributing their products.

He said he also pushed for transparency on taxation after the first brewery he worked with was nearly bankrupted by an unexpected tax bill more than 10 times what authorities had predicted.

He said he did his best to work within rules that prevented or made prohibitively expensive the importing of the yeast and hops necessary to make a top-quality brew.

"The brewing laws were written in the 1950s," he said. "Nobody was around who understood them."

Vroon's efforts bore fruit as he found the South Korean government receptive to new ideas that could promote local business.

In 2011, the government reduced the distributing requirement from one million litres of capacity to 120,000 litres, one of the first in a series of reforms that Vroon said has reinvigorated the craft beer market.

And as more breweries come online, he said, there are more voices pressuring the government for reform.

"They haven't given us every-

**The brewing laws were written in the 1950s. Nobody was around who understood them.**

Craft beer brewer Dan Vroon discusses on the South Korean regulations governing his business.



**When Dan Vroon established Craftworks Taphouse and Bistro in Seoul, South Korea, he aimed to appeal to ex-pats and locals interested in craft brews. The next thing he knew, he was promoting a whole new industry.** THE CANADIAN PRESS

thing, but they've definitely freed up the brewers to distribute their beer, cut some of the taxation and gave rebates for the smaller guys," Vroon said.

"Now, the craft beer scene is booming."

Some of the beers Craftworks offers: the Jirisan Moon Bear India Pale Ale, the Seorak Oatmeal Stout and Baekdusan unfiltered wheat beer.

Vroon's work in developing a craft-brew palate among South

Koreans has inspired others to bring in Canadian beer to meet the rising demand.

Brock Rodgers, co-founder of the Mission Springs Brewery in Mission, B.C., now exports around 40 per cent of his production of hops-heavy, full-flavoured beers to South Korea after beginning shipments in 2013.

"At that time, Dan (Vroon) was the only guy in town that was doing anything craft and doing it well," he said.

Rodgers said even with significant import taxes on his products that send the price well above domestic competition, his business is doing well because they are viewed as a premium product.

"There's a somewhat well-founded belief over there that products from Canada are healthier, that the water's better, the air is better," he said.

"If it's made in Busan it kind of loses whatever authenticity it might have." THE CANADIAN PRESS

## ECONOMY Tories bust out wallets

All but overlooked in the past week of troubling economic news was federal Finance Minister Joe Oliver's unexpected nod to government stimulus spending.

The run-up to an October general election is happening amid talk of recession, international downgrades of Canada's growth prospects, weak world oil prices and several grim provincial outlooks — stormy seas for an incumbent Conservative government seeking a fourth mandate after staking its reputation on sound economic management.

A Conservative re-election plan engineered in sunnier days when a return to balanced budgets could co-exist with voter-friendly spending bonanzas is now being repurposed as a recession-fighting necessity.

"Some of the measures which the prime minister announced and which I announced in the budget will inject almost \$10 billion in cash into the economy this year," Oliver told reporters in Vancouver last Tuesday.

Parents with children under 18 will start receiving new benefit cheques — retroactive to Jan. 1 — on July 20 in a one-time, pre-election burst of cash totalling more than \$2.5 billion.

Conservative ministers and MPs are also announcing new community infrastructure projects almost daily this summer from a variety of funds — some of which have lain fallow awaiting the optimal pre-election moment. Oliver's office says the government added more than \$1.6 billion to existing projects.

"They're a little bit caught because they're basically making one of the big anchors of their election platform the return to a balanced budget," said Don Drummond, a former senior Finance Canada official who now teaches at Queen's University.

THE CANADIAN PRESS

## SASKATCHEWAN

### Wildfire evacuees allowed back home

Officials say residents of an evacuated reserve in northern Saskatchewan were being allowed to return home Sunday.

Duane McKay with emergency management said wildfires were no longer threatening Grandmother's Bay.

He said buses were being arranged to transport at least 130 people back to the First Nation.

A convoy led about 150 people from five other com-

munities in the northeast home on Saturday night.

Those communities were not under evacuation orders but the wildfires that had burned through Saskatchewan had cut off their road access.

McKay said fire conditions near 50 communities are being evaluated to determine when it might be safe for the remaining 13,000 evacuees from those communities to go home. THE CANADIAN PRESS

## BRITISH COLUMBIA

### Progress in Puntzi Lake fire battle

There is good news in the ongoing battle to contain an aggressive, 70-square-kilometre blaze raging in the Cariboo Region of Central British Columbia.

Crews have managed to contain just under a third of the Puntzi Lake fire, burning about 150 kilometres west of Williams Lake.

The fire more than doubled in size on Saturday, from 30 to 70 square kilometres, thanks to strong winds and an abundance of dry fuel.

Fire officials have ordered 90 properties in the region to evacuate, while more than 180 remain on evacuation alert.

So far several properties have been destroyed by the flames, including a hunting and fishing lodge, two permanent homes and one seasonal residence.

Lightning was responsible for starting about 60 new wildfires across B.C. over the weekend, although the cause of the Puntzi Lake blaze remains under investigation. THE CANADIAN PRESS

## ALBERTA

### Firefighting rains please park official

Moisture has helped to slow a fire that forced the evacuation of 1,000 tourists and outdoor enthusiasts from the popular Maligne Valley in Alberta's Jasper National Park.

"Yay, it rained!" Parks Canada spokeswoman Kim Weir said Saturday during an update on the 50-square-kilometre blaze.

Weir said four to six millimetres of rain had fallen overnight and more was expected, giving firefighters a chance to

get on the ground and attack the flames directly.

"This rain and the forecasted weather over the next few days will reduce fire behaviour potential and allow fire crews to safely work on priority areas of the fire," she said.

"This is a huge shift." The fire was not yet contained, but did not get any bigger, Weir said.

"Under current conditions, we do not expect it to grow."

THE CANADIAN PRESS



# Greece aims to make deal and avoid financial crash

## EUROZONE

### But creditors insist on tough austerity measures

Greece moved closer on Sunday to a desperately needed deal with European creditors that would stave off immediate financial collapse and the country's potential exit from the euro but impose more hardship on its people.

Facing a self-imposed Sunday deadline, the eurozone's top official, Jeroen Dijsselbloem, said the sides have "come a long way" after two days of talks among finance ministers, but that the final effort on "some big issues" would be handled by eurozone leaders in a summit that was expected to go into the night.

Underscoring the optimism despite the often fundamental differences among the leaders, Italian Prime Minister Matteo Renzi said "we are very close."

The broad outline of a deal appeared to consist of a long series of commitments from Greek Prime Minister Alexis Tsipras to push through much of a drastic austerity program within days, while the 18 other eurozone leaders would commit to start talks on a new bailout program.

In a four-page draft proposal put to eurozone leaders and obtained by The Associated Press, language up for discussion spoke of a potential "time out from the euro area" for Greece if no agreement could be found.

It highlighted the increasing frustration with Greece during five months of fruitless talks. On Sunday, doubts on the Greek gov-



German Chancellor Angela Merkel, left, speaks with French President Francois Hollande, centre, and Greek Prime Minister Alexis Tsipras during a meeting of eurozone heads of state at the EU Council building in Brussels on Sunday. THE ASSOCIATED PRESS

## The most important currency has been lost: That is trust and reliability.

German Chancellor Angela Merkel

ernment's commitment to implement tough measures continued.

"The most important currency has been lost: That is trust and reliability," said German Chancellor Angela Merkel, reflecting on five months of tortuous negotiations with Athens.

In the draft document, Greece committed itself to pushing a first set of measures through parliament by Wednesday. Despite the stinging conditions on

pension, market and privatization reforms, Tsipras insisted his government was ready to clinch a deal.

"We owe that to the peoples of Europe who want Europe united and not divided," he said. "We can reach an agreement tonight if all parties want it."

Greece has asked Europe's bailout fund for a 53.5 billion-euro, three-year financial package but many officials in Brussels

say the figure will have to be much higher and insist on tough Greek austerity measures. This would be Greece's third bailout in five years.

Merkel, however, insisted that Germany would not sway from its stance that Greece needs to do much more to get any help just to save its position in the 19-nation eurozone.

"There will not be an agreement at all costs," she said, coming into Sunday's summit meeting. "Nerves are tense."

Highlighting the differences within the creditors' camp, French President Francois Hollande insisted it was vital to keep

Greece in the currency club and avoid a so-called "Grexit."

If Greece had to leave the euro currency "it's Europe that would go backward," Hollande said. "And that I do not want."

France is considered Greece's closest ally and even helped Tsipras prepare the reform proposals that were a minimum requirement for getting fresh talks.

Finnish Finance Minister Alexander Stubb, one of Greece's most outspoken critics, said a package of proposals sent to the leaders involved three key elements, including the Greek parliament's passing of a series of unspecified laws by Wednesday.

If these conditions are met, then talks with Europe's bailout fund can proceed, Stubb said.

"We have surely taken a good leap forward," Stubb said.

Tsipras cleared one hurdle Saturday when lawmakers in the Greek parliament overwhelmingly backed a package of economic reforms and further austerity measures, in hopes that would convince European creditors to back the third bailout.

THE ASSOCIATED PRESS

## + BACKGROUND

Greece desperately needs help to avoid a financial collapse. The economy is in free-fall and the country faces big debt repayments in the coming weeks. Greek banks have been shuttered for the best part of two weeks and daily withdrawals from ATMs have been limited to a paltry 60 euros. The banks, according to some accounts, have barely enough cash to last through the week.

## MEXICO

### Drug lord on the lam

Mexico mounted an all-out manhunt Sunday for its most powerful drug lord, Joaquin (El Chapo) Guzman, who escaped from a maximum security prison through a 1.5-kilometre tunnel from a small opening in the shower area of his cell, according to the country's top security official.

The elaborate underground escape route, built allegedly without the detection of authorities, allowed Guzman to do what Mexican officials promised would never happen after his re-capture last year — slip out of one of the country's most secure penitentiaries for the second time.

If Guzman is not captured immediately, the drug lord will likely be back in full command and control of the Sinaloa cartel in 48 hours, said Michael S. Vigil, a retired U.S. Drug Enforcement Administration chief of international operations.

"We may never find him again," he said. "All the accolades that Mexico has received in their counterdrug efforts will be erased by this one event."

Eighteen employees from various part of the Altiplano prison, 90 kilometres west of Mexico City, have been taken in for questioning, Security Commissioner Monte Alejandro Rubido said in a news conference without answering questions.

A manhunt began immediately late Saturday for the head of the powerful Sinaloa Cartel, which has an international reach and is believed to control most of the major crossing points for drugs at the U.S. border with Mexico.

Guatemala's Interior Ministry said a special task force of police and soldiers were watching the border with Mexico for any sign of fugitive drug lord.

"The U.S. government stands ready to work with our Mexican partners to provide any assistance that may help support his swift recapture," U.S. Attorney General Loretta Lynch said in a statement.

Associated Press journalists near Altiplano saw the roads were being heavily patrolled by federal police with numerous checkpoints and a Blackhawk helicopter flying overhead. Flights were also suspended at Toluca airport near the penitentiary in the State of Mexico, and civil aviation hangars were being searched.

Guzman's escape is a major embarrassment to the administration of President Enrique Pena Nieto, which had received plaudits for its aggressive approach to top drug lords.

THE ASSOCIATED PRESS

## ISRAEL

### Suspects in arson attack arrested

Israeli police have arrested a number of suspects in last month's arson attack on a famous Catholic church in the Holy Land, police spokesman Micky Rosenfeld said Sunday.

The fire is believed to be an attack by Jewish extremists, but Rosenfeld would not elaborate on the identity of those arrested.

The June 18 fire at the Church of the Multiplication of the Loaves and Fish caused extensive damage to the inside and outside of the building, in-

cluding damage to the roof and prayer books.

The modern building is built on the remains of a fifth-century Byzantine church and features a Byzantine mosaic floor that was not harmed. The church marks the traditional spot of Jesus' miracle of the loaves and fish, and is located on the shore of the Sea of Galilee in northern Israel. It is one of the most popular stops for Christian pilgrims visiting the Holy Land.

THE ASSOCIATED PRESS

## IN BRIEF

### Scottish woman dies in hospital after spending three days in crashed car

A 25-year-old Scottish woman — who lay injured in her crashed car for three days because police failed to respond to an accident report — has died. Lamara Bell's family says she died in a Glasgow hospital Sunday, a week after the accident. She was found Wednesday beside her dead boyfriend John Yuill in a car that had slid down an embankment near Stirling in central Scotland. THE ASSOCIATED PRESS

## FRANCE

### Marine park urged to free dolphins

Several hundred people protested Sunday at a popular marine animal park on the French Riviera, urging it to free the dolphins kept in its pools.

The Marineland park management said the dolphins are a crucial educational tool, and that releasing them into the wild could risk their lives because most were born in captivity and are accustomed to human companionship.

The animal rights activists waved picket signs in English

and French at the entrance of the Marineland park in Antibes, trying to persuade visitors to sign petitions or go home.

Visitors at the park can swim with dolphins and see penguins, polar bears and the endangered Steller sea lion.

The park's zoological director, Jon Kershaw, said Marineland stopped capturing dolphins from the wild in 1989 and most of its animals were born in captivity.

THE ASSOCIATED PRESS

# Sea-to-sea expansion

## RETAIL

### Quebec-based fashion chain Simons targets western Canada

One of Canada's oldest family-owned retailers is hoping to defy industry woes by launching an expansion that could extend the Simons brand across Canada.

The 175-year-old company based in Quebec City will open its ninth Quebec store in Gatineau next month before entering the British Columbia and Ontario markets and expanding its presence in Alberta.

The fashion retailer is spending up to \$200 million over the next four years to open eight stores. It says the move is intended to boost its annual sales base of more than \$350 million.

An outlet will open this fall in West Vancouver, followed by openings next year in Mississauga, Ont., and Ottawa. A second Edmonton store and a new one in Calgary will be added in 2017, and two more stores are expected to open in the Toronto



**Simons CEO Peter Simons poses in the fashion retailer's Quebec City store. Simons is one of Canada's oldest family-owned retailers, and the family hopes to defy industry woes by launching an expansion that could extend the store's brand across Canada.** JACQUES BOISSINOT/THE CANADIAN PRESS

suburb of Scarborough in 2018 and at the Yorkdale Shopping Centre in 2019.

Atlantic Canada, the Prairies or Winnipeg could join the list as more stores are added to reach a maximum of 25 to 30 stores, says CEO Peter Simons.

But Simons says he doesn't feel any pressure to make hasty moves.

"You don't think in next-quarter increments when you're a private company of five generations," he said from Quebec City. "You think in 25-year increments."

Missing from the Simons national expansion plans is downtown Toronto, one of Canada's toughest retail markets. Simons made a pitch to enter the Eaton

Centre but that didn't materialize. Meanwhile, U.S. retailer Nordstrom will open next year at the old Sears location in the Eaton Centre.

Retail analyst Randy Harris of Trendex believes Simons' gradual expansion will make it a "national powerhouse" in the Canadian apparel market.

"A lot of retailers, while they're

worrying about Nordstrom and Saks, have got to be equally worried about Simons," Harris said.

He said Simons' mid-market pricing and strong private label offering will resonate with shoppers looking for something new. In addition to clothes, Simons sells some home goods and is introducing shoes and a new restaurant concept called Eve. But unlike department stores, it doesn't sell cosmetics or "hard goods" like appliances.

Simons says he and his brother are keenly aware of the risks — particularly in trying to build upon its success in Quebec and spread it to English Canada while juggling the logistics of operating across the country.

As a relatively unknown brand outside Quebec, Simons said he knows the first challenge will be marketing — specifically, to develop a relationship with shoppers so they keep returning after the initial rush wears off.

"There's still going to be this almost primordial desire for human contact, a quality human contact," he said. "I'm not trying to win their minds or their wallets. I'd like to win their hearts."

THE CANADIAN PRESS

## VIDEO GAMES

### Nintendo president dead at 55

Satoru Iwata, the longtime president of Nintendo, has died at 55, the company announced Sunday.

In a brief statement released by Nintendo, the gaming company said, "Nintendo Co., Ltd. deeply regrets to announce that President Satoru Iwata passed away on July 11, 2015, due to a bile duct growth."

Iwata, born in 1959, began working in the video game industry in the early 1980s, working with HAL Laboratory Inc.

He joined Nintendo in 2000 as the head of the Corporate Planning Division, and was appointed President in 2002.

There has been no word yet on his replacement.

TORSTAR NEWS SERVICE



**Satoru Iwata**  
DAVID MCNEW/GETTY IMAGES

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## MCDONALDS

### Kids' Happy Meal Minions toy upsetting to parents

McDonald's swears up and down that the little yellow "Minions" Happy Meal toy is speaking only nonsense words and not something a little more adult.

Experts say the company may be right, and the curse words many hear may be tied to how our brains are wired to find words even when they're not really there.

The world's largest hamburger chain and purveyor of Happy Meals said Friday it doesn't plan to take the talking Happy Meal toy out of distribution even though some customers say it sounds like cursing.

A toy bought by The Associated Press made a sound that could be interpreted as the phrase often abbreviated as "WTF." Another phrase sounded like it could be "Well I'll be damned." The sound quality of the toy makes it hard to say definitively who is right.

The little yellow Minion characters speak a nonsense language and McDonald's Corp. said the Minion Caveman toy makes three sounds: "ha ha ha," "para la bukey," and "eh eh." The Oak Brook, Ill.-based company issued a statement saying it received only a few comments from customers about the toy,

which was introduced July 3.

Nonsense speech will sometimes sound a bit like a real language, and experts say human brains are also wired to look for meaning in noise and images. So people will sometimes hear words in gibberish - including words they might think are inappropriate.

"The brain tries to find a pattern match, even when just receiving noise, and it is good at pattern recognition," says Dr. Ste-

ven Novella, a neurologist at the Yale School of Medicine. "Once the brain feels it has found a best match, then that is what you hear."

The audio form of pareidolia has been causing confusion for years and years. In the 1960s the FBI investigated The Kingmen's version of the song "Louie Louie" after concerned citizens complained that the lyrics were obscene. The band denied it, but hardly anybody could figure out the lyrics, including the FBI. The agency officially declared the



**Once the brain feels it has found a best match, then that is what you hear.**

Dr. Steven Novella, Yale School of Medicine

ven Novella, a neurologist at the Yale School of Medicine. "Once the brain feels it has found a best match, then that is what you hear. The clarity of the speech actually increases with multiple exposures, or if you are primed by being told what to listen for" — as most people who heard the toy online already had been.

The technical name for the phenomenon is "pareidolia," hearing sounds or seeing images that seem meaningful but are actually random. It leads people

words unintelligible.

A similar phenomenon could have contributed to the belief that rock bands would put messages in their music that could only be heard by playing a record or running a tape backward.

The McDonald's promotion is scheduled to run through the end of July. The film Minions, a prequel to the Despicable Me movies, premieres Friday. Some moviegoers will probably be listening intently to the Minions' dialogue. THE ASSOCIATED PRESS





## ROSEMARY WESTWOOD

metroview

### Maybe we should plan a little less and say yes a little more

It shouldn't be so hard to have fun.

On a recent afternoon, I was throwing out texts like confetti, looking for friends to come out and play.

Few could be found. Some had plans. Most just didn't feel like it.

Who doesn't feel like fun? The 30-somethings, that's who. We're too tired, too busy or too lazy for impromptu fun — the hallmark of youth. We're not the new 20. We're way too uptight for that.

We (OK, I'm 29) have a lot on the go. We pack our lives as tight as carry-on luggage, and curate our playtime like our wardrobe, pairing these people with those, never mixing those with them. Worse, we have an outsized sense of personal time — a euphemism for selfishness.

We're not up for anything, we're up for exactly what we feel like doing at exactly this minute.

Want to make plans? Let's play it by ear! Should we meet up? I'll see how I feel!

"This shouldn't be so hard," I complained to one friend, who agreed.

"Where's my crew?" I asked. She shook her head. Planning a party, she noted, is truly harder than herding cats. Some people promise to "stop by for a bit" before another event (they never show). Others "aren't sure

if they can make it" — code words for not wanting to commit.

We're not innocent, my friend and I agreed. We both cancel coffee dates on a whim. The other weekend I texted a friend that we'll "keep in touch about Sunday," and we didn't talk again for a whole week.

"The more the merrier" isn't a phrase we use often. We'll see one friend for a movie, another for a coffee, another for a yoga class. God forbid we should invite anyone else. We haven't seen this person in weeks (so busy!) — We need to catch up!

When I lived in the U.K., I had a true crew. We did everything together. Everyone was invited. There were no friend schedules. Fun was not work. Every Christmas Eve we'd sit around someone's table, with goose- or turkey-piled plates and Prosecco-topped glasses.

I imagined I'd own a house one day, and the door would always be open. People would pop by unexpectedly and stay for coffee. If anyone dropped by my apartment these days, I'd drop dead of shock.

If I have to work harder to find a friend than a source for a story, something is wrong. Maybe we should get over ourselves just a little bit, plan a little less, and say yes a little more. Either that, or admit it: We're too old to let the good times roll.

## THE BIG POLL: Fitness fails

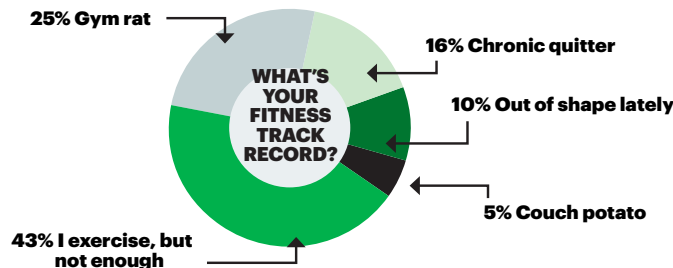
From skimpy summer clothes to Pan Am bodies, many of us have fitness on the brain. Wearable devices can help track your progress — if you use them. Recent research shows only half the people who sign up for the activity tracker Fitbit stick with it. A third quit within six months. We asked our online readers if they've ever flaked out on their fitness goals. THE ASSOCIATED PRESS

**POLL: What would get you to stick to a fitness routine?**

- 50% I have a routine
- 27% More hours in the day
- 7% Looking at super-fit people
- 7% A big financial reward
- 5% Doctor's orders
- 4% Nothing



**POLL: Have you ever used a fitness app or wearable device?**



**479** Visit [metronews.ca](http://metronews.ca) every Friday to answer The Big Poll.  
RESPONDENTS

# Councillors 'killing a fly with an elephant gun'

## INSIDE THE PERIMETER

Shannon VanRaes



Winnipeg might be suffering through a heat wave, but down at city hall, things are positively frosty.

Last week a flurry of snow-sliding occurred over a proposed \$330-million active transportation plan, which five city councillors oppose.

Councillors Russ Wyatt, Jeff Browaty, Shawn Dobson, Jason Schreyer and Ross Eadie all oppose some aspect of the plan, be it the amount of money spent, the consultation process or the proposed routes.

And while these change-averse councillors' steadfast refusal to accept any type of forward thinking is a bit troubling, far more concerning is the manner by which they've expressed their op-

position.

Using public money, they took to the airwaves with two ads that boiled down to this message: The active transportation plan will kill Grandma. Do you want Grandma to die? Of course not, so tell the mayor or not to kill Grandma.

OK, maybe that's a little dramatic, but they started it. When Mayor Brian Bowman described the ads as "fear-mongering," he was right.

Because while having residents clear snow from sidewalks on their property is a good idea that would save money and make walking safer — even homeowners in Yellowknife are required to clear snow — it's not part of the proposed plan. It was a suggestion, that sometime in the future, maybe, if people felt like it, they might want to take a look at the thought of having homeowners pitch in

with the snow clearing. Possibly.

Somehow that translated into seniors will be forced to shovel snow or face fines if Winnipeg embraces bike lanes, according to the five councillors opposed to the plan.

The approach is like killing a fly with an elephant gun.

Rather than foster debate with the public, rather than intelligent discussions with citizens and colleagues, these five councillors went right to the us-against-them, young-against-old, drivers-against-cyclist rhetoric.

It's not helpful, it's not productive and it won't make our city a better place to live. Maybe it will garner a few extra votes in three years' time, but it definitely isn't improving Winnipeg.

It's a move that serves no one, including those in the opposing councillors' wards.

**They took to the airwaves with ads that boiled down to this message: The active transportation plan will kill Grandma.**

And if this is really how our elected representatives choose to work together, the city is in trouble.

I want a city council that works together, one that can have intelligent discussions based on facts. Let's hope that's not too much to ask for.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs.

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## PHILOSOPHER CAT by Jason Logan





# A burnout and a has-been

## BATMAN V SUPERMAN

### New trailer out at Comic-Con shows clash of fallen heroes

All is not well for Superman, audiences at Comic-Con found out on Saturday during a jam-packed and revealing Warner Bros. presentation. The studio also debuted a first look at the comic-book movie Suicide Squad at the annual convention.

Batman v Superman: Dawn of Justice was the main event that fans had camped out for days to see. Stars Ben Affleck, Henry Cavill, Gal Gadot and Jesse Eisenberg were on hand to talk about the superhero showdown — a step up from last year's Comic-Con when none of the stars was allowed to talk.

In the first full trailer for the film, out on March 25, 2016, we see a society that has turned against the godlike Superman (Cavill) following a massive disaster. While Holly Hunter's



“I think if I thought too hard about the actors who played this part before, I couldn't have taken the job.”

Ben Affleck on playing Batman

steadfast senator schemes with Eisenberg's Lex Luthor to protect the public from the dangerous Superman, Affleck's Batman decides to take matters into his own hands.

“The idea of Batman fighting Superman is a thing that happens all the time in comic books,” said Zack Snyder, who also directed Man of Steel. He

likes to pay homage to Frank Miller's The Dark Knight but wanted to make clear that this story is not that story.

Oscar-winning screenwriter Chris Terrio (Argo) wrote the script.

Snyder said the story will also launch toward bigger conflicts with other superheroes. “Who knows?” he said coyly.

“I mean, I do know.”

While audiences have met Cavill's Superman before, this is their first real introduction to Affleck's Batman.

“I think if I thought too hard about the actors who played this part before, I couldn't have taken the job,” said Affleck. But Snyder explained to him that this Batman would be dif-

ferent. He told Affleck that Bruce Wayne here is at “the end of his rope, he's older, he's a burnout.”

As the villain Lex Luthor, Eisenberg said that there's “always a campy element to the character.”

But unlike in previous versions, this Lex Luthor has an “emotional groundedness.” He

also has hair.

Gadot, who plays Wonder Woman in this film and in an upcoming standalone, said her character has the “strength of a superhero” but is “very sophisticated, loving and has a lot of emotional intelligence.”

Warner Bros. also showed the first footage from Suicide Squad, another DC Comic about a group of imprisoned supervillains recruited by a government organization to perform black ops for their freedom.

The film, directed by David Ayer, stars Will Smith as Deadshot, Margot Robbie as Harley Quinn, and Jared Leto as The Joker.

The first trailer shows the origins of the gritty, punk rock group of villains turned heroes.

“So that's it, we're the paties. We're some kind of suicide squad,” Smith's Deadshot says in the trailer. “So let's save the world.”

Leto's snivelling Joker, who sounds strikingly similar to Heath Ledger's version, closed the trailer with an ominous threat.

“No, I'm not gonna kill you. I'm just gonna hurt you, really, really bad,” he says.

Ayer, who is in the middle of shooting the movie in Toronto, made it a priority to fly to the convention with his cast.

He brought out Smith, Robbie, Viola Davis and others to say hello and quickly exit the stage. Smith said they'll be back next year for the film, which comes out on Aug. 5, 2016. THE ASSOCIATED PRESS

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Office loafers can be a drag, but sometimes it's best to turn a blind eye and let your boss deal with their negligence. ISTOCK

# Rising above your slacking co-worker

## PRODUCTIVITY

**Don't let a lazy colleague get you down in the dumps**

## OFFICE RELATIONS

**Eleni Deacon**



You scarf down lunch at your desk, Alex takes a 90-minute stroll. You spend all day answering emails, Alex catches up on Facebook. And when 5 p.m. hits, he's out the door — while you're stuck wrapping up loose ends until dinnertime.

Loafer co-workers can be a persistent drag. Not only can they seem oblivious to the volume of work they should actually be tackling, it's often their peers who must make

up for their slacking. When faced with a colleague who won't carry their weight, don't seethe — seek relief.

Start by evaluating the sloth's impact on your workload and output. Is their laissez-faire approach actually hindering your performance or is it merely irritating to watch them chill out while you stress out? In the latter case, the problem isn't so much about their work ethic as your reaction to it. Rather than resenting them, try to ignore them.

Constantly covering their tracks? There's an out: Stop. By picking up where their laziness leaves off, you enable their apathy. Provided you won't get blamed in the process, consider turning a blind eye next time they might miss a deadline. Better your boss notices their negligence — and takes action — than prolonging an unfair cycle in which you spend hours compensating for someone

**“When faced with a colleague who won't carry their weight, don't seethe — seek relief.”**

Eleni Deacon

else's hour-long breaks.

When a conversation becomes necessary, talk directly to your co-worker before raising your complaints with the higher-ups. Avoid being accusatory; your concerns will have more oomph if you lead with curiosity. Ask about their work style and whether there's a reason they've fallen behind.

What you take for lethargy could just be a different way of doing things. Their pace might be slow because they pay meticulous attention to detail, or they may be confused about a project's requirements. Try to

understand each other's perspective and establish a concrete division of work.

If you're still sweating while they're vegging, it's time to bring in your boss. Again, put your emphasis on examples rather than gripes. Point to specific ways in which your colleague's carelessness has affected your output, keeping the discussion centred closely on work rather than personal grievances. Although it's fair to address how a co-worker's disinterest has affected your ability to do your job, it's best not to seem like a tattler. Don't vent frustrated feelings — focus on facts.

Some slugs will never perk up. And while their inertia can be infuriating, it can also be time-wasting. Try not to obsess over how little progress someone else is making on their daily tasks. Instead, concentrate on how far you can go in your career.

# The stuck stops here

## TIPS FOR SUCCESS

**Feeling stuck? Here's how to get out of any sticky situation**

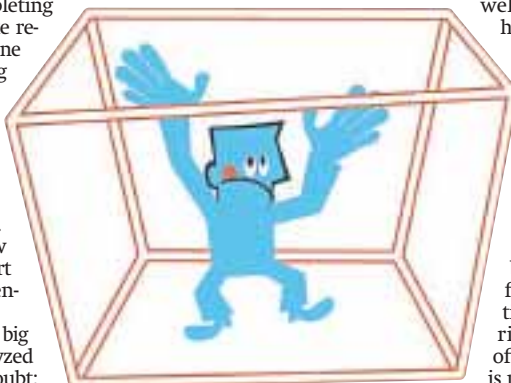
Everyone gets stuck. Sometimes we get tripped up completing the simplest tasks — like retrieving a file from someone else's computer or picking what to eat for lunch. Sometimes we run into a mental block when working on a creative project or assignment — like, um, an article about getting unstuck. (Seriously, do you know how long it took to start writing those two sentences?)

And other times it's the big stuff that leaves us paralyzed with indecision or self-doubt: What we want to do with our lives, where we want to live, whether — or when — we want to start a family.

Prof. Bernard Roth, co-founder of the Hasso Plattner Institute of Design at Stanford, teaches an entire class on getting stuff done. His students have to come up with and complete one big task per term — anything from building a rocket to completing a triathlon. And his new book,

The Achievement Habit: Stop Wishing, Start Doing, and Take Command of Your Life, applies the insights gleaned from 40 years of teaching people how to achieve their goals.

We asked Roth for some suggestions on how to get started already.



ISTOCK

## Reframe your problem

The reason why so many people get stuck? Because, Roth says, they're often asking the wrong question, or identifying the wrong thing as the problem.

“For example, the other day I rented a car, and I couldn't find where the release was for the gas tank cap,” he explains. “I spent about 20 minutes trying

to find the release button before I saw a similar car getting gas. I went over, and I said, ‘Where did you get the release?’ He said, ‘There is no release — just open the cap.’”

So if Roth had asked himself “How do I get the cap open?” instead of “How do I find the release button?” — well, he wouldn't have had a problem at all.

This works for not only the most mundane everyday tasks, but the monumental ones too. Says Roth: “If people back off and reframe their question and find the right problem, often the answer is right there.”

## Draw it out

In his book, Roth includes 22 exercises that can help readers conquer a mental block, and a lot of them include visuals — from storyboards to mind maps to all sorts of diagrams. Roth says visuals unleash creative thinking. “Pictures just encapsulate so much more information and nuance. They're more evocative.”

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# Cyclists, sharpshooter earn Canadians three more gold

PAN AMs

**Batty and Gagne win on bikes, Kiejko with air pistol**

Canada has added three more gold to its collection at the Pan Am Games on Sunday.

Emily Batty, of Brooklin, Ont., and Catharine Pendrel of Harvey Station, N.B., finished one-two in the women's mountain biking competition, while Raphael Gagne of Quebec City won the men's race.

Canada's third gold came in shooting, with Calgary's Lynda Kiejko winning the women's 10-metre air pistol. In the women's mountain bike, Batty finished the race in one hour 27 minutes 13 seconds — seven seconds faster than Pendrel.

"It's really just pushing each other," Batty said. "It doesn't matter who's first on the day as long as it's a Canadian. So we got gold and silver, which was amazing."

Pendrel, who won gold in the event at the 2007 Rio Games, is known for setting a strong



Emily Batty in the final of the women's event at the Toronto 2015 Pan Am Games on Sunday, Batty won gold and teammate Catharine Pendrel won silver. FRED THORNHILL/THE CANADIAN PRESS

early pace and hoping others can't match it. Batty showed she was up for the challenge.

"Emily and I are really motivated by each other," Pendrel said. "We don't just want to be the best at this race, we want to be the best in the world. You can be the best in the world by pushing the most that you can out of your riding and I think we did that today."

Gagne finished the men's

six-lap race in 1:31:14.

"I think I played it very smart," Gagne said. "I paced myself well, I drank well and I ate well and it played into my favour. I've always been able to start strong but sometimes my finishes were not as strong. But definitely today I finished really, really strong so I'm happy with this."

Kiejko scored 195.7 to win the air pistol and finish ahead



Raphael Gagne holds a Canadian flag after crossing finish line to win gold in the men's mountain bike event at the 2015 Pan Am Games FRED THORNHILL/THE CANADIAN PRESS

of Mexico's Alejandra Zavala and Lilian Castro of El Salvador.

It was Kiejko's second Pan Am medal. She captured bronze in the same event in 2003.

"This gold medal is especially sweet for me," said Kiejko, who comes from a family of shooters. "Four years ago, my sister won the gold medal in Guadalajara in the same event. It's pretty awesome."

Canada's equestrian team added a silver medal in team dressage.

The day came with some disappointment as Canada failed to medal in the men's triathlon. It's the first time in Pan Am Games history Canada hasn't won a triathlon medal.

Andrew Yorke, of Caledon, Ont., was the top Canadian finisher in seventh place.

THE CANADIAN PRESS

MLB

**Jays fall short of comeback**

SUNDAY in Kansas

**11** ROYALS **10** JAYS

Paulo Orlando broke a tie with an eighth inning homer and Kendrys Morales hit a three-run homer as the Kansas City Royals defeated the Toronto Blue Jays 11-10 after blowing a seven-run advantage Sunday.

The Royals enter the All-Star break with an American League-leading 52 victories. Orlando hit a 2-1 Bo Schultz (0-1) pitch out to left to leadoff the eighth.

Kansas City led 7-0 after five innings, but the Blue Jays sent 12 men to the plate in an eight-run sixth. Danny Valencia and Jose Bautista contributed two-run doubles in the inning.

Seven of the runs were unearned after Mike Moustakas and Omar Infante committed errors.

The Royals regained the lead with three in the bottom of the inning with Lorenzo Cain, who had three hits, singling in one run. Alcides Escobar had a RBI on a ground out, while the other run scored on Jose Reyes' second error of the game.

The Jays got a run back in the seventh on a Russell Martin RBI-doubles. Reyes, who had his second straight three-hit game, singled home Kevin Pillar, who had tripled, in the eighth to tie it 10-10. It was only the second run Royals reliever Wade Davis (5-1) had allowed this season.

THE ASSOCIATED PRESS



Canada's captain Jen Kish dives over to score in Canada's 55-7 win over USA in the women's rugby sevens gold medal game at the 2015 Pan Am games CHRIS YOUNG/THE CANADIAN PRESS

CANADA 55, U.S. 7

## Rugby gold for Canadian women

Canada has won gold in the inaugural women's rugby sevens competition at the Pan American Games. The Canadian women defeated the U.S. 55-7 at Exhibition Stadium, normally known as BMO Field, to go unbeaten in six games at the Pan Am competition.

"There's definitely more great days for this team," said Canadian captain Jen Kish. "Every time we put on the Canadian jersey, we want

to give the best performance that we can. We're always cup-hunting. We always want to be the best that we can be so you can expect many more trophies from us building towards Rio."

Canada had defeated the U.S. 34-12 in a meaningless pool match prior to the championship game that saw both teams rest some of their big guns. The U.S. points were the first scored against Canada at the tournament in 67 minutes play.

The Canadian women outscored their opposition 230-12 going into the final, running in 38 tries while conceding two.

Canada was the top-ranked team in the six-team women's Pan Am competition, having finishing second in the Women's Seven Series last season. The Americans were fifth on the circuit and Brazil eighth. Brazil beat Argentina 29-0 for the bronze.

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### IN BRIEF

**Canuck diver tops podium**

Canadian divers continued their dominant run at the Pan American Games on Sunday as Jennifer Abel won gold and Pamela Ware took silver in the women's three-metre springboard.

Abel, from Laval, Que., took the lead after her second dive and cemented it with an incredible third dive that scored 86.70. THE CANADIAN PRESS



# Djokovic remains atop men's tennis mountain

## TENNIS

### Federer denied record eighth Wimbledon championship

Novak Djokovic got the better of Roger Federer at Wimbledon again.

The defending champion outplayed Federer in four sets Sunday to win his third Wimbledon title and ninth Grand Slam championship, cementing his status as the dominant player in the game.

In a repeat of last year's final, won by Djokovic in five sets, the top-ranked Serb overcame the loss of seven set points in the second set and pulled away to beat the seven-time champion 7-6 (1), 6-7 (10), 6-4, 6-3.

The top-seeded Djokovic broke No. 2 Federer four times and saved six of the seven break points he faced. Still in his prime at the age of 28, Djokovic further enhanced his reputation as one of the greats of the game.

In winning the 40th career match between the two, Djokovic prevented Federer from winning a record eighth Wimbledon title.

"I was aware coming on the court that Roger was going to play like he always plays — at his best, when it matters the most," Djokovic said. "He makes you push your limits,

he makes you work hard and earn every single point. He's not going to hand you the match."

Djokovic closed out the match by breaking Federer for the second time in the fourth set, hitting an inside-out forehand winner into the open court on the final point. He pumped his arms and screamed, then bent down, plucked some grass from Centre Court and put it in his mouth — just as he did when he won his first title in 2011 and again last year.

"It tasted very, very good this year," Djokovic said. "I don't know what the groundspeople have done, but they've done a great job. It's a little tradition, obviously. As a kid, I was really dreaming of winning Wimbledon, and as every child, you dream to do something crazy when you actually achieve it, if you achieve it, and that was one of the things."

Djokovic equaled the number of Wimbledon titles won by his coach Boris Becker, who won at the All England Club in 1985, '86 and '89.

"We managed to find the right chemistry and he has contributed a lot," Djokovic said. "This is his trophy equally as mine."

Djokovic also became the first man to retain the Wimbledon title since Federer did it in 2007.

"He was tough on the bigger points," Federer said. "Then



Novak Djokovic of Serbia celebrates with the trophy after winning the Final of the Gentlemen's Singles against Roger Federer of Switzerland on Day 13 of the Wimbledon Lawn Tennis Championships July 12. CLIVE BRUNSKILL/GETTY IMAGES

at the end, he was rock-solid. I thought he played great. I didn't play bad myself. ... That's how it goes."

Sunday's victory evened their career head-to-head record at 20-20, but Djokovic now holds a narrow edge

where it counts the most — 2-1 in Grand Slam finals, 2-1 at Wimbledon and 7-6 in majors overall. The 33-year-old Federer will now have to wait another year to try again to become the first man to win eight Wimbledon singles titles.

In 2012, he equaled Pete Sampras and 1880s player William Renshaw with seven.

"Novak played not only great today but the whole two weeks, plus the whole year, plus last year, plus the year before that," THE ASSOCIATED PRESS



Serena Williams celebrates with the Venus Rosewater Dish after her victory at Wimbledon on July 11. JULIAN FINNEY/GETTY IMAGES

## WIMBLEDON

### Williams again top woman

Serena Williams overcame a slow start, eight double-faults and a nervy finish to beat Garbine Muguruza 6-4, 6-4 on Saturday for her sixth Wimbledon title, fourth Grand Slam championship in a row and 21st major overall.

The win means Williams holds all four Grand Slam titles at once — completing the second "Serena Slam" of her career. What's more, she secured the third leg of a calendar-year Grand Slam and, if she wins the U.S. Open, will become the first player to sweep all four majors in the same season since Steffi Graf in 1988.

Williams, winning her 28th straight Grand Slam match, is now just one major title behind Graf on the Open era list and two behind all-time leader Margaret Court Smith.

At 33, Williams is also the oldest woman to win a Grand Slam title in the Open era. She has now won seven major championships in her 30s.

From 4-2 down in the first set, Williams ran off five straight games to take the set and go up 1-0 in the second. She pulled out to a 5-1 lead and twice served for the match but couldn't convert.

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**He makes you push your limits, he makes you work hard and earn every single point.**

Novak Djokovic, on Roger Federer

## SOCCER

### Man City offers up Sterling paycheque

Manchester City is close to making Raheem Sterling the most expensive English soccer player.

A person familiar with the situation said Sunday that Liverpool has reached an agreement with City over the transfer of the England winger for 49 million pounds (\$76 million).

The person spoke to The Associated Press on condition of anonymity because he was not authorized to discuss details of a deal that is yet to be completed.



Raheem Sterling  
DAVE THOMPSON/  
GETTY IMAGES

worth 100,000 pounds a week (\$155,000). THE ASSOCIATED PRESS

Sterling, who has a contract with Liverpool until 2017, said in an unsanctioned interview with the BBC during last season he had rejected a new deal



## IN BRIEF

### Star Real Madrid keeper moves to FC Porto

Goalkeeper Iker Casillas is leaving Real Madrid to join Portuguese club FC Porto after 16 seasons in which he helped the Spanish powerhouse win a slew of titles that included three Champions League crowns and five Spanish league trophies.

Madrid announced on its website Saturday that a deal had been reached for Casillas' transfer to Portugal.

THE ASSOCIATED PRESS

## GOLF

### Fowler wins Scottish Open by a single shot over Kuchar

Rickie Fowler birdied three of his last four holes to overhaul fellow American Matt Kuchar and win the Scottish Open by one shot on Sunday for his second victory of the year.

Kuchar was on the practice range, preparing for a playoff, when Fowler sent his approach on No. 18 to within 18 inches. He tapped in the putt for a 2-under 68 — the same score as Kuchar — and an overall 12-under 268.

It is the fourth title of Fowl-

er's professional career, coming two months after winning The Players Championship, and the second outside the United States after the Korea Open in 2011. And his links game looks in good shape ahead of next week's British Open at St. Andrews.

Raphael Jacquelin of France birdied the last hole for 70 to tie for second place with Kuchar, and claim one of three British Open places on offer along with third-round

leader Daniel Brooks, the No. 528-ranked Englishman, and Sweden's Rikard Karlberg.

Fowler took the outright lead in the tournament for the first time with his last shot of the week, from the middle of the 18th fairway.

After knocking in the putt, he doffed his cap and acknowledged the crowd. But he had to wait for the final pairing of Jacquelin and Brooks to play the last before really celebrating. THE ASSOCIATED PRESS



# McGregor backs up talk

UFC

## Early Mendes pressure fails as Irishman earns KO win

Conor McGregor spent much of the first two rounds on his back while Chad Mendes threw elbows at his head, and yet his screaming Irish fans kept faith.

During his meteoric rise in the UFC, McGregor has sold his self-confidence with enough flair to turn most anybody into a believer in his invincibility, even in the face of 9 1/2 minutes of contrary evidence.

And when the trash-talking mixed martial arts sensation finally got free late in the second round, he backed up every single word.

McGregor won the interim featherweight title at UFC 189 on Saturday night, stopping Mendes with three seconds left in the second round while emphatically arriving as one of the promotion's biggest stars.

After struggling to break free from Mendes' suffocating wrestling and ground game, McGregor (18-2) finished the fight with a lightning-quick combination after Mendes failed on a submission attempt. A big left hand put Mendes down, and McGregor pounded away for the stoppage before jumping onto the cage in celebration.

"Tonight, I'm going to toast good business," McGregor

“

**It's a crazy game, and you know, I absolutely love it.**

Conor McGregor

## + WELTERWEIGHT

### Lawler keeps title

Robbie Lawler stopped Rory MacDonald early in the fifth round at UFC 189 on Saturday night, defending his welterweight title in a spectacularly bloody bout.

Lawler (26-10) battered MacDonald for much of the final four rounds, leaving the Canadian challenger with a badly damaged nose. Lawler finally ended it with a big left hand directly into the face of MacDonald, who rolled onto his back in agony before Lawler finished him 60 seconds into the fifth.

Lawler also was staggered repeatedly by MacDonald, and he barely made it to the bell in the third round of an occasionally jaw-dropping brawl. Both fighters bled profusely in the final rounds, but Lawler persevered for his first successful title defence and his second victory over MacDonald (18-3).

THE ASSOCIATED PRESS

said. "And it was damn good business.... It's a crazy game, and you know, I absolutely love it."

McGregor later sank to his knees in tears, an Irish flag in his hands, while the standing-room-only crowd at the MGM Grand Garden Arena roared. The loquacious ex-plumber from Dublin has now made good on just about every boast and threat he ever issued — and there have been thousands.

Mendes (17-3) stepped in for injured featherweight champion Jose Aldo just 2-1/2 weeks ago, and the elite wrestler



Conor McGregor celebrates after defeating Chad Mendes in their interim featherweight title mixed martial arts bout at UFC 189 Saturday in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS

was in control of the fight until McGregor's heavy hands changed everything in an instant.

Mendes embraced McGregor in sportsmanship after a promotion dominated by high-level trash talk, most of

it from a bearded, tattooed Irishman who already looks comfortable with a title belt around his waist.

"I've been hearing all the while that I've been protected from this kind of opponent, that I've been gifted a

title shot," McGregor said. "So when my title shot went running and they gave me the challenge I was supposed to be protected from, I (decided) that I'm just going to prove to people that I'm a true fighter."

THE ASSOCIATED PRESS

## IN BRIEF

### Stamps to face undefeated Argos

The Calgary Stampeders will try to avoid losing back-to-back games for the first time in three years on Monday night when they host the unbeaten Toronto Argonauts.

It's Calgary's first game in 10 days, leaving the defending Grey Cup champions with plenty of time to stew over last week's 29-11 loss to the Montreal Alouettes.

"The important thing is that we take advantage of the rest that we got, take advantage of the extra time to prepare and go out and play a good football game," said Stampeders coach and general manager John Hufnagel.

Calgary quarterback Bo Levi Mitchell has had a slow start to the season, throwing just one touchdown pass while being intercepted three times. His touchdown to interceptions ratio was 22-to-8 last year.

"It starts with me, being a second-year guy and having the year we had last year," said Mitchell, who was the Grey Cup most valuable player last season. "As the quarterback, the guy that touches the ball every play, that's how I feel. I feel like it's my job to go out there and make sure that as an offence, we do take that next step. Make games easier on our defence."

Mitchell gets a big weapon back this week in wide receiver Jeff Fuller.

Fuller had nine catches for 164 yards in Week 1. He missed last week's game with soreness in the same knee which he had season-ending surgery on last October after tearing the MCL. THE CANADIAN PRESS

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## RECIPE Tex-Mex Salmon over Avocado, Tomato and Black Bean Salad



### EAT LIGHT AT HOME

**Rose Reisman**

rosereisman.com

@rosereisman



This Southwestern twist on grilled salmon is a delicious and zesty BBQ option for summer. Serves 4.

### Ready in

Prep time: 10 minutes  
Cook time: 10-15 minutes

### Ingredients

- 1 1/2 lb salmon filet
- 1 cup grape tomatoes, sliced in half
- 3/4 cup canned black beans, drained and rinsed
- 1/2 cup diced ripe avocado
- 1/2 cup diced yellow bell pepper
- 1/4 cup diced red onion
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp minced jalapeno peppers

- 1/2 tsp minced garlic
- Salt and pepper
- 3 Tbsp chopped cilantro or parsley

### Directions

**1.** Grill or roast salmon at 425 F for 10 minutes per inch of thickness.

**2.** Meanwhile, add remaining ingredients to serving bowl. Mix well and place on serving platter with salmon over top.

### Nutrition per serving

- Calories 390
- Protein 37 g
- Carbohydrates 19 g
- Fat 17 g
- Saturated fat 2.5 g
- Cholesterol 95 mg
- Sodium 380 mg
- Fibre 4 g

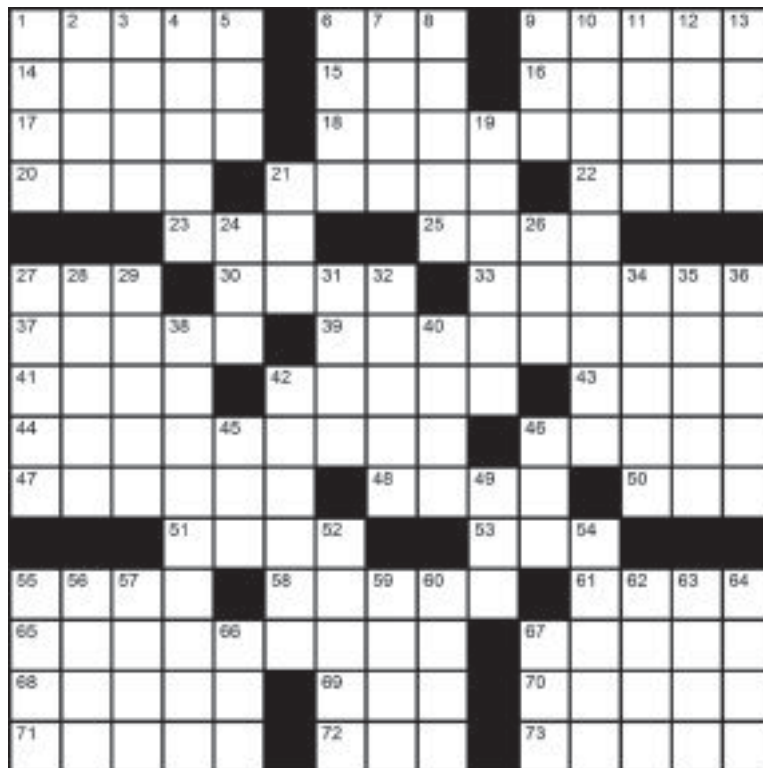
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. \_\_ Sainte-Marie (Cree singer/songwriter who is an Officer of the Order of Canada)
6. Medical pro
9. Extract metal from ore
14. Droplet-looking throat part
15. Jeff Lynne's gr.
16. Racecar driver Mr. Castroneves
17. Baseball great Mr. Jeter
18. Interac user's access code: 2 wds.
20. Pronounces
21. Tend the fire
22. Brewer's kiln
23. Gardening tool
25. Incision leftover
27. Photo \_\_ (PR events)
30. "\_\_\_ there, done that."
33. Snugly warm
37. Red Hot \_\_
39. Classic uniform hue for the CFL's Bombers: 2 wds.
41. \_\_ Saint-Luc, Quebec
42. The White Cliffs of \_\_ (Coastline attraction in England)
43. Dryer's fluff
44. #1-Across' famous protest song: "\_\_\_ Soldier"
46. Citi Field baseball player, \_\_\_
47. Go back on a deal
48. Oodles
50. Tokyo, formerly
51. Ore deposit
53. \_\_ degree



55. Ice floes animal
58. \_\_ ray gun (Sci-Fi weapon)
61. American singer Ms. King, daughter of SNL alum Rob Schneider
65. Art of making a dead animal still look alive
67. Extraterrestrial

68. "It's so easy, \_\_ can do it!"
69. Max. or min., as per speed
70. New album by #1-Across: 'Power in the \_\_'
71. Shoe heel style
72. Code for White-horse's internation-

- al airport
73. Belonging to Hartford's li'l state

### DOWN

1. Pre-leaf forms
2. Iris spot
3. Rage
4. Nudist colony sight
5. Tibetan ox
6. Store section, shortly
7. Mixture
8. \_\_ out (Stops running)
9. Moo \_\_ pork (Take-out dish)
10. Unforgettably
11. Napoleon's

- exile isle
12. Fibs
13. Wrongdoing, in law
19. Fruit juice
21. View
24. Geisha's outfit accessory
26. ISP, e.g.
27. Happen
28. Communications device
29. '60s-style protest
31. Ancient love god
32. Stars that suddenly shine brightly
34. Snail's trail
35. Adjusted the guitar's strings
36. Bryan Adams' "The Best Was \_\_ Come"
38. Evening out
40. Shout
42. River excavator
45. Self-pride
46. Tuktoyaktuk locale, briefly
49. Bambi's aunt
52. Ahead of time
54. Common greeting
55. Slow-cooked meal
56. Icicle holder
57. Chopped
59. Gladiator's 2009
60. "Hey Hey, \_\_ (Into the Black)" by Neil Young & Crazy Horse
62. Safari roarer
63. Kings of \_\_ (Rock band)
64. Breaks off
66. Board game cube
67. TV network

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
A relationship problem must be dealt with this very moment. If you leave it any longer the window of opportunity you have to make things better will close once and for all. Whatever the issue is, find ways to get over it.

**Taurus** April 21 - May 21  
You simply don't care if some of the things you say offend other people — in fact you want it to happen. You will choose your words for maximum impact today.

**Gemini** May 22 - June 21  
Try not to worry about money matters today because there is nothing you can do to change things. Use your imagination to visualize being rich and secure. What you imagine today will be your reality tomorrow.

**Cancer** June 22 - July 23  
Whatever you suggest, people seem determined to do the opposite. You could try to be smart and sell them a bluff. Suggest they do what you actually don't want them to do. It's an obvious trick but it might just work.

**Leo** July 24 - Aug. 23  
Why are you panicking? What could go wrong? With so much cosmic activity in the most sensitive area of your chart you have a tendency to look on the dark side. Lighten up, it's life!

**Virgo** Aug. 24 - Sept. 23  
Why do you believe you have to prove yourself to people you hardly know? You are under no obligation to perform for their delight. If anything it should be the other way around.

**Libra** Sept. 24 - Oct. 23  
Don't try too hard to make a name for yourself over the next few days because the planets warn you could end up with a name you don't like. You don't have to keep a low profile but you do have to play by the rules.

**Scorpio** Oct. 24 - Nov. 22  
Somehow you will know in an instant what the people you deal with are thinking and feeling. That makes it easier for you to predict what they are going to do next, maybe even before they know it themselves.

**Sagittarius** Nov. 23 - Dec. 21  
Your confidence may take a bit of a dip over the next few days. Mind you, your self-belief is usually so high that most people will still think you're incredible.

**Capricorn** Dec. 22 - Jan. 20  
Be on your guard if someone offers you something for nothing today. It could be their generosity is not all it seems and you'll be expected to do something in return. Know the deal before you agree.

**Aquarius** Jan. 21 - Feb. 19  
The harder you work the more work there seems still to do but you will get there in the end. Keep moving along at a steady pace.

**Pisces** Feb. 20 - March 20  
Throw yourself body and soul into what you are working on and believe that it will all come right in the end. The moment you start worrying is the moment you begin to lose focus and momentum.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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